



ETHIRAJ COLLEGE FOR WOMEN (Autonomous)

Chennai – 600 008

Affiliated to the University of Madras

College with Potential for Excellence

Reaccredited with A+ Grade by NAAC

Criterion 3.6.3

Department of Nutrition, FSM & Dietetics (Aided)

NUTRITION EDUCATION PROGRAM

DATE: 6th June 2022

NO. OF PARTICIPANTS: 64

VENUE : Department of History & TTM, Ethiraj College for women.

DESCRIPTION:

A nutrition Education Program was conducted by 3rd year students of the department as part of the extension activity in Public Health and Nutrition course for 64 undergraduate students of TTM. The topics covered included adolescent health – importance of breakfast consumption, calcium and iron intake, menstrual issues as well as hygiene practices.

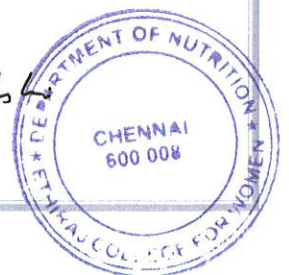
The 3rd year students used several media like flash cards, posters, games, role play, songs and dance for the participants. The students were very active participants and the whole program was well appreciated.

Title: Nutrition Education Program conducted for undergraduate students of the Department of TTM.



S. Manojkumar
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P. Muthusubramanian



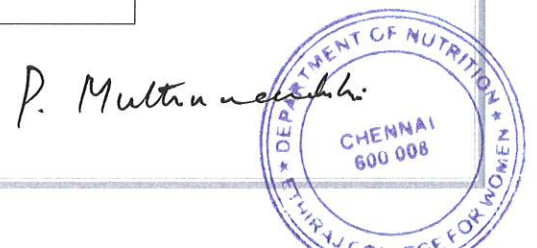


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List of beneficiaries – 3RD year Students of Department of TTM

S. No.	Registration No	Student Name
1	1913311032001	AARTHI R
2	1913311032002	ABI KIRUTHIKA S
3	1913311032003	AGALYA K
4	1913311032004	AMRIN FATHIMA M
5	1913311032005	ANJALI G
6	1913311032006	BHARKAVI S
7	1913311032007	CHARULATHA S
8	1913311032008	CRENA P
9	1913311032009	DIVYA V
10	1913311032010	DIVYADHARSHINI K
11	1913311032011	HAJIRA SHIFANA I
12	1913311032012	JAYANEGA J
13	1913311032013	JEEVITHA V
14	1913311032014	JENIFFER S
15	1913311032015	KANIMOZHI V
16	1913311032016	KAVITHA T
17	1913311032017	KAYALVIZHI K
18	1913311032018	KEERTHIKA A
19	1913311032019	KEERTHIKA D
20	1913311032020	LAKSHMI S
21	1913311032021	NANDHINI B
22	1913311032022	NEHA GAYATHRI J
23	1913311032023	NITHYA R
24	1913311032024	PAVITHRA S
25	1913311032025	PAVITHRA V
26	1913311032026	POONGUZHALI A S
27	1913311032028	PRIYANGA G
28	1913311032029	RESHMA M
29	1913311032030	SAIVARSHA P V
30	1913311032031	SANGHEETHA V S
31	1913311032033	SHYAMALA P
32	1913311032034	SNEGA R
33	1913311032035	SOWJANYA G P
34	1913311032036	SOWMIYA M
35	1913311032037	SRUTHI A
36	1913311032038	SRUTHI S

S. Mageswari
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37	1913311032039	SWARNAAMUGI M N
38	1913311032040	SWETHA B
39	1913311032041	SWETHA S
40	1913311032042	VIJAYALAKSHMI R
41	1913311032043	VIVEKA A V
42	1913311032044	YOGA PREETHIKA S
43	1913311032045	AMMU P
44	1913311032046	BLESSY AROMA S
45	1913311032047	JUHI KRISHNA M DUBEY
46	1913311032048	KIRAN BANU
47	1913311032049	PRADEEPA K
48	1913311032050	PRIYANKA D
49	1913311032051	SHAKTHI SK
50	1913311032053	SHWETA K
51	1913311032054	AFEFEFAH MARIAM
52	1913311032055	ANUMITRA V S
53	1913311032056	ANUSHREE SHARMA
54	1913311032057	CHARUREKHA A
55	1913311032058	GIRI PADMA UNNALIKA B
56	1913311032059	HARITHA SREEDHAR
57	1913311032060	KATHERINE LISA
58	1913311032061	MEKHALA GADRE
59	1913311032062	MISBA FATHIMA M
60	1913311032063	NISHANTHIKA S
61	1913311032064	SHRUTHI MEGHA K
62	1913311032065	SUMAIYA FATHIMA M
63	1913311032066	SWATI G
64	1913311032067	VANLALRUATPUII

S. Murgawala

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P. Muthuswamy





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Department of Nutrition, FSM & Dietetics (Aided)

NUTRITION EDUCATION PROGRAM

DATE: 6th June 2022

NO. OF PARTICIPANTS: 7

VENUE : Tulir - Creche, Science block 3, Ethiraj College Campus.

DESCRIPTION:

A nutrition Education Program was conducted by 3rd year students of the department as part of the extension activity in Public Health and Nutrition course for children who attend the creche. They were taught on importance of good food and nutrition and also hygiene.

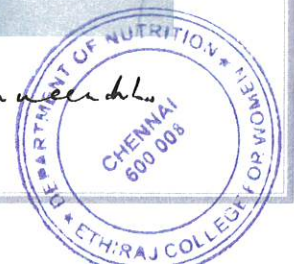
The 3rd year students used several media like flash cards, posters, games, role play, songs and dance for the participants. The children were very active participants and the whole program was well appreciated.

Title: Nutrition Education Program conducted for children attending the Creche.



S. Annapurna
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P. Muthuvelu





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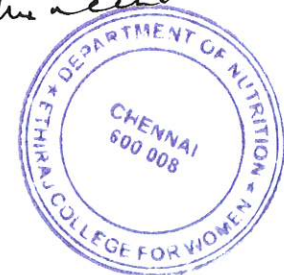
List of beneficiaries

S.No.	Name of participant	Age in yrs
1	Kayal	4
2	Kavin	4
3	Dianra	6
4	Vimisha	6
5	Aadhiyan Sai	6
6	Rithuvika	7
7	Krishika	8

S. Murugesan

PRINCIPAL
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P. Muthusankar





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Department of Nutrition, FSM & Dietetics (Aided)

NUTRITION EDUCATION PROGRAM

DATE: 6th June 2022

NO. OF PARTICIPANTS: 7

VENUE : Room # 162 3rd Floor, Science block 3, Ethiraj College Campus.

DESCRIPTION:

A nutrition Education Program was conducted by 3rd year students of the department as part of the extension activity in Public Health and Nutrition course for women CLASS IV housekeeping staff above 50 years of Ethiraj College for Women. They were taught on importance of good food and nutrition and also hygiene. The topics covered several health issues that women may have such as diabetes, hypertension and osteoporosis.

The 3rd year students used several media like charts, posters, games, role play, songs and dance as well as charts for the participants. The beneficiaries were very enthusiastic and the entire program was well appreciated.

Title: Nutrition Education Program conducted for senior women housekeeping staff of Ethiraj College.



S. Mayamma
PRINCIPAL

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P. Muthusankar





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LIST OF BENEFICIARIES

S.No.	Name of Beneficiary
1	Dhanam
2	Pencillamma
3	Vatsala
4	Selvamani
5	Suvartha
6	Rani
7	Parthiamma

S. Muzumdar

PRINCIPAL

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P. Muthusubramanian



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1. Date: 17.12.2021

2. Department: Clinical Nutrition And Dietetics

3. Name of Extension Activity: Food Sales of Innovative Food Product development

4. No of participants : 14

No of beneficiaries: 280

5. Description of the event :

On the basis of the topic "down home elements," the students of the II M.sc. In food and nutrition created innovative food products during the academic year 2021-2022. several of the recipes included millet dhokla, kullakar rice thattai, multi-millet kulfi, multi-seed energy bars, butterfly pea wheat flour, multi-millet gulab jamun mix, and pearl millet brownie mix. The newly developed products were packed with appropriate packaging materials and labeled, which included information on brand name, nutrition facts, serving size, direction of use, manufacture and expiry date. All the packaged instant mixes and the recipes created using them were accessible for purchases at the Ethiraj college campus. to promote and sell their items, the students used marketing strategies and sales promotion approaches. the faculty and students of Ethiraj college appreciated all the developed recipes.

6. List of participants

S.no	Register no	Name of the student	Developed recipes
1	2013322057001	Akshayaa Devi .S	Black Rice Kheer Mix
2	2013322057002	Dhurga Dhanam .P	Butterfly Pea Multi Purpose Flour
3	2013322057003	Janani .S	Red Rice And Black Gram Laddu Mix
4	2013322057004	Jaya Kumari. S	Black Rice Kheer Mix
5	2013322057005	Kanmani E	Mudakathan Idiyappam Mix
6	2013322057006	Karthiga .M	Millet Gulab Jamun Mix
7	2013322057008	Neha .R	Crunchy Spirals
8	2013322057009	Nivetha. S	Veg Betel Leaf Ketchup
9	2013322057010	Nivethaa. D	Multi Seed Energy Bar
10	2013322057011	Pavithra .M	Chickpea And Drumstick Leaves Murukku Mix
11	2013322057012	Shajitha Mariyam .B	Garden Cress Seed Muffin
12	2013322057013	Sri Purna Pavithra. S	Kullakar Rice Thattai Ready Mix
13	2013322057014	Subbu Lakshmi. T	Multi Millet Dhokla

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M. M. M.



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14	2013322057015	Vaishnavi .R	Horse Gram Idli And Dosa Mix
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Vaishnavi .R

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Date: 27.04.2022

Department: Clinical Nutrition And Dietetics

Name of Extension Activity: Nutrition Education Programme On Health Issues And Importance Of Nutrition Throughout The Life Of Women At Samiti For Education, Environment, Social And Health Action (Seesha), Vanagaram, Chennai

No of student participated : 14

No of beneficiaries: 100

Description of the event :

The postgraduate students of II M.Sc.Food and Nutrition of the Department of Clinical Nutrition and Dietetics conducted a Nutrition Education Programme at SEESHA (Samiti for Education, Environment, Social and Health Action), Vanagaram, Chennai on 27.04.2022 (Wednesday). They created awareness on the health issues and importance of nutrition throughout the lifecycle of women. The topics that were covered were menstrual hygiene, post partum depression, importance of lactation and the importance of nutrition during menopause. The awareness was created through puppet show, skit, street play, dance, villupattu, cookery show and radio jockey. A nutritious laddoo made from sesame, groundnut and jaggery was distributed for the target audience. Pamphlet titled “AAROKYAMAANA UNAVE VALAMAANA VAAZHUVU” containing information about lunch box recipes for school children, nutrition during puberty, premenstrual syndrome, PCOS, importance of nutrition during pregnancy and vaginal infection was distributed.



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M. S. Srinivasan



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List of participants

S.No	Register No	Name of the student
1	2013322057001	Akshayaa Devi .S
2	2013322057002	Dhurga Dhanam .P
3	2013322057003	Janani .S
4	2013322057004	Jaya Kumari. S
5	2013322057005	Kanmani E
6	2013322057006	Karthiga .M
7	2013322057008	Neha .R
8	2013322057009	Nivetha. S
9	2013322057010	Nivethaa. D
10	2013322057011	Pavithra .M
11	2013322057012	Shajitha Mariyam .B
12	2013322057013	Sri Purna Pavithra. S
13	2013322057014	Subbu Lakshmi. T
14	2013322057015	Vaishnavi .R

M. S. S.

S. M. S.

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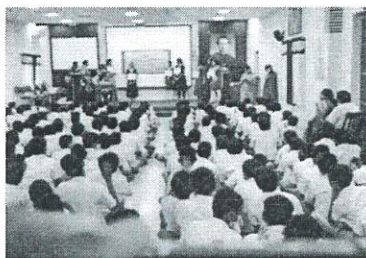
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1. Date: 18.03.2022
2. Department: Clinical Nutrition And Dietetics
3. Name of the Extension Activity:

Nutritional Assessment And Nutritional Awareness Programme On 18th March 2022 In Don Bosco Boys Higher Secondary School.

4. No of participants : 14
5. No of beneficiaries: 250
6. Description of the event

The Students of II M.Sc. Food and Nutrition conducted a Nutritional Assessment and Nutritional Awareness programme on healthy eating habits and Lifestyle was Given in the form of a skit to the students on 18 th March 2022 in Don Bosco Boys Higher Secondary School, Egmore from 9:30 and to 2:30 pm.



7. Name list of the

participants

S.No	Register No	Name of the student
1	2013322057001	Akshayaa Devi .S
2	2013322057002	Dhurga Dhanam .P
3	2013322057003	Janani .S
4	2013322057004	Jaya Kumari. S
5	2013322057005	Kanmani E
6	2013322057006	Karthiga .M
7	2013322057008	Neha .R
8	2013322057009	Nivetha. S
9	2013322057010	Nivethaa. D
10	2013322057011	Pavithra .M
11	2013322057012	Shajitha Mariyam .B
12	2013322057013	Sri Purna Pavithra. S
13	2013322057014	Subbu Lakshmi. T
14	2013322057015	Vaishnavi .R

S. Mageswari

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V. M. M.